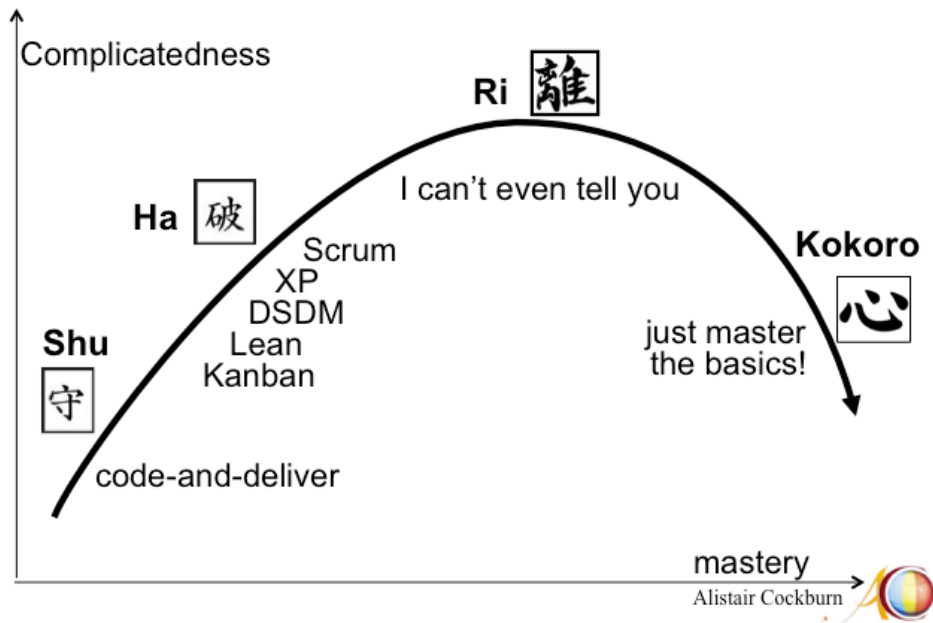


March, 2015: I just learned that it is possible to continue growing after [Shu Ha Ri](#) (discussion: [Re: Shu Ha Ri](#)): 心, “kokoro”.

守 – shu  
破 – ha  
離 – ri  
心 – kokoro



[Kokoro simplifies.png](#)

(Aside: I like that the Kanji characters reflect this curve, with the characters getting more complicated from 守 shu to 破 ha to 離 ri, and then getting simple again for 心 kokoro. Nice :).

As a beginner, we start with some technique. Shu. 守. We follow our instructions, as exactly as we can. As we grow, we run into situations the shu-level technique doesn't handle well. We look for other techniques. Ha. 破. Things get more complicated. If we are lucky, we master at the reflex level, and every time is different, and natural. Ri. 離. However, it is all so complicated and interwoven at this point that we can't explain anything.

True masters are annoying. “Learn the basics,” is all they say. Of course, in their hands, the basics seem to take on an infinite number of shades, but they keep just saying, “It's just the basics. Wax on. Wax off.” This is the stage where they make things simpler again. I call this stage “kokoro”, 心, which means “heart” or “spirit”. The master learns how to live in the heart, the center, the spirit of the thing, and draw variations from there.

“Jiro Dreams of Sushi” is a story about getting to kokoro.

I discovered 心 “kokoro” as I was working out the [HeartOfAgile](#).